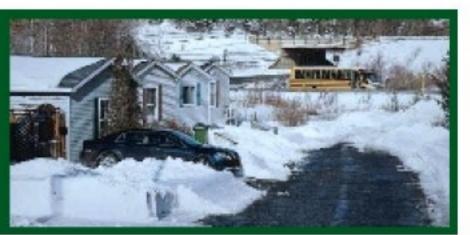


Trailer park problems

Tristan Cleveland on how we are failing them

metroNEWS



Halifax

JOHANNA SCHNELLER Thank you for being our ambassador for empathy metroLIFE

Your essential daily news | TUESDAY, JANUARY 10, 2017

High 1°C/Low -2°C Partly cloudy ♥ f





THIS GUY'S GOOD

Another Mooseheads star is turning heads of NHL scouts metroNEWS



Your essential daily news

Not all that glitters is gold, as people are swindled into buying bars of copper. Canada

70 drivers charged in December

Just over 70 people were charged with impaired driving offences last month, which included the Christmas season.

Halifax District RCMP and Halifax Regional Police (Partners in Policing) charged 71 drivers with impaired-related offences during the month of December, 49 of which were charged with Impaired Operation of a Motor Vehicle by Alcohol.

The 71 offences are just slightly higher than the 69 drivers charged in November.

Four people were charged with Impaired Operation of a Motor Vehicle by Drug, and 18 were issued driving suspensions for operating a motor vehicle while having consumed alcohol.

Of the 53 impaired drivers apprehended, 48 were men, five were women, and ages ranged from 19-69. Of the 18 drivers suspended, 15 were men, three were women, and ages ranged from 21-72.

Looking at all impaired drivers charged, 26 were a direct result of calls from the public. HALEY RYAN/METRO

INVESTIGATION

Mountie refusing breath test charged

An off-duty RCMP officer has been charged with impaired driving and placed on administrative leave.

On Dec. 24, a member of the Kings District RCMP performed a traffic stop on a vehicle on Highway 101 in Auburn, Kings Co. The driver was an off-duty member of the RCMP, a release Monday said.

In a release issued on Monday, the RCMP said Cpl. Scott MacMillan, a 26-year member of the RCMP Southwest Nova Major Crimes Unit, was charged on Jan. 4 with impaired driving and refusing a breath demand.

He is currently on administrative leave, the release said, and an internal Code of Conduct investigation is underway in relation to MacMillan's actions. METRO





BON VOYAGE FRIGATE DEPARTS FOR NATO MISSION Family and friends brave the cold as HMCS St. John's heads to the Mediterranean on Monday. The Halifax-class frigate will be supporting NATO Maritime Group 2 as part of Operation Reassurance. ANDREW VAUGHAN/THE CANADIAN PRESS

Residents praise snow crews for clearing efforts

Councillor says feedback from community has been positive



Haley Ryan Metro Halifax

One Halifax councillor says he's never seen so many residents calling in to give kudos to snow

The municipality was hit with a snowstorm overnight Saturday into Sunday that brought more than 30 centimetres, but Coun. Tim Outhit said happy residents noticed roads were cleared ahead of schedule.

"This time about a year ago ... I had about 150 complaints in a day by phone and email. What I had yesterday was probably contact with about 30 or 40 people, of which three-quarters of them were asking me to pass along 'good job' to the crews," the Bedford councillor

BY THE NUMBERS

Halifax Regional Municipality has 140 pieces of street equipment.

The region has 100 pieces of street equipment for sidewalk clearing.

said Monday. "This was quite

Many sidewalks were passable Sunday as well, ahead of the deadline for clearing that would be around 8 p.m. Monday, Outhit added.

While Outhit said it was likely a combination of things that helped crews clean up quickly, including the fact that it was only snow and not mixed rain to create slush; the storm cleared up by early morning; it was a weekend with fewer cars on the roads; and crews were able to get "a lot of equipment out and were prepared."

Outhit said he had gotten a couple calls from people last year wanting to thank the crews after one particularly good clean up, but "never as much" as this weekend.

The good feedback has been passed along to crews from various sources, HRM spokeswoman



A plow clears a sidewalk following a storm that dropped 30 centimetres of snow on the municipality. Coun. Tim Outhit says he received many grateful calls and emails from the community praising the crew's efforts. ANDREW VAUGHAN/THE CANADIAN PRESS

Tiffany Chase said Monday.

Chase said there was lots of co-operation from residents moving their cars off the street on Saturday into Sunday, which really helped plows clear the snow away quickly. The full force of crews also

tackled the bulk of snow overnight, Chase said.

Having the storm land on a weekend also helped equipment get around without fighting traffic, Chase added.

On Monday crews were out working on the "finer details" clearing away intersections and curbs, Chase said, as well as making sure sidewalks and transit stops were accessible.





They don't have the money to fight.

Coun. Lisa Blackburn on people who live in land-lease communities

Sackville Manor trailer park in Lower Sackville. PAUL DARROW / FOR METRO

Risking your life to catch a bus

It's time to improve transit access, and more protections, for those in trailer parks

HALIFAX MATTERS Tristan Cleveland

Here's something that just isn't right.

A neighbourhood of 245 homes in Sackville is within 600 metres of a transit terminal, and yet, residents can't grab a bus there because there's a highway in the way. There's also an underpass, but since it has no sidewalk, people have to

risk their life to get there. There is only one reason this problem has not yet been fixed: those residents live in a trailer park. If

they had the influence of a wealthy community, government surely would have found a way to install a sidewalk - even though, of course, they wouldn't need the terminal nearly so

much. Some in government do care. Coun. Steve Craig alerted me to this issue long ago, and this election, Coun. Lisa Blackburn campaigned on bringing justice to trailer parks. I asked her about it and she was so kind as to take me on a tour.

The first thing she told me was not to call them "trailer parks." They prefer "land-lease communities,"

and while I'd usually rather change the stigma than the name, in this case it's just more accurate. I didn't see any trailer hitches on the tour.

Blackburn showed me a wide range of housing conditions. In at least one community, residents live in exploitative situations, with management that prevent some tenants from selling their homes (using questionable legal technicalities) or that trick others into double-paying for their water bill.

Other communities, however, challenge what you think you know about

"trailer parks." Timber Park, on Lucasville Road, features beautiful mature trees and attractive, renovated homes.

One resident, Paul Birch, has lived there 35 years and loves the place: "Everybody looks out for everybody here," he told me.

The difference depends largely on the attitude of management. Timber Park's owner, Linda Hefler, said that when her dad built the community, "he said he wouldn't build something he wouldn't want to live in."

But living conditions shouldn't depend on whether a good person happens

to be in charge. Blackburn argues we need "a guaranteed level of service" for all land-lease communities.

More room should be required between trailers so residents can have a yard to be proud of. We should ensure they have access to at least community transit. All units should be owneroccupied, so residents have a stake in the community. And healthy food should be sold nearby.

Most of all, we need to make it easier for residents to demand their rights. Blackburn explained many residents are scared to complain about issues be-

cause they risk being evicted and, "they don't have the money to fight," she said.

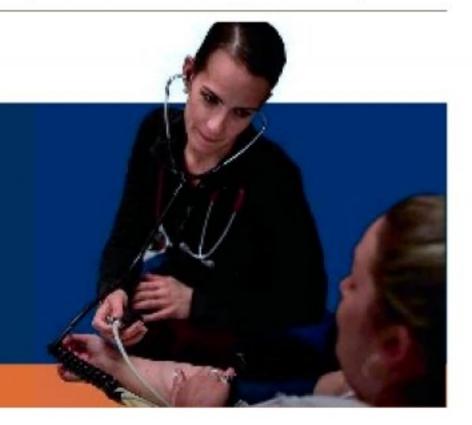
We need a government body that can intervene on their behalf and that can educate them on their rights.

We can only make progress if we don't disregard land-lease communities as bad places to live. In fact, they represent a model for how young people can affordably establish equity and how older people can downsize without leaving their communities. These places are an opportunity and sometimes an injustice we shouldn't ignore.

CONTINUING CARE ASSISTANT



NEW CLASSES START IN MARCH successcollege.ca



902.865.8283 | 800 Sackville Drive, Lower Sackville, NS, B4E 1R8

No evidence to say 'street checks' work



Woodford Metro | Halifax

Despite having no proof that the practice is effective in stopping crime, Halifax Regional Police have no plans to stop conducting "street checks" in the municipality.

Halifax Regional Police define street checks, referred to as carding in Ontario and elsewhere, as "when an officer either observes somebody or something going on or has an interaction or conversation with someone" and then records it in a form.

Data released by the force spanning 11 years of street checks shows black people in Halifax are three times more likely than white people to be street checked.

"It's about three times more than you would expect based on their presence in the population," Halifax Regional Police research coordinator Dr. Chris Giacomantonio said Monday.

Giacomantonio presented his preliminary findings from the data to the municipality's board of police commissioners.



Chief Jean-Michel Blais wants to get the facts straight on street checks before changing the practice. JEFF HARPER/METRO

He'll be continuing to work with the numbers to try to determine whether street checks are effective in lowering crime in the municipality. Till then, nothing's changing.

"Before we make a decision with regards to a moratorium or doing something or improving upon our processes, we need to have the facts behind it," Chief Jean-Michel Blais told the board on Monday. Deputy chief Bill Moore told reporters after the meeting that police have only anecdotal evidence that street checks have been effective.

"We have had cases where street checks have provided information that has been used in future investigations," he said.

"I'm not saying it's not effective, we just don't have research to prove it is." Giacomantonio said he doesn't expect his work to determine whether street checks are, generally, effective or ineffective.

"I suspect that that answer wouldn't be possible," he said. "There's probably something like, it's effective under these conditions and ineffective under these conditions, or we could usefully curtail it in this area or increase it in that area and get better outcomes."

He agrees with his bosses' assertion that a moratorium would be the wrong approach. As does police board chair and deputy mayor Steve Craig.

Craig said the data presented by the force "validates what people tended to think," but worries about what would be missed if street checks were stopped altogether.

"I don't agree with a moratorium based on what we've seen. That's like going to a conclusion before we know all the factors, and what's going on," he said.

"If we stop everything, what do we miss? What are we not proactive in preventing?"

EMPLOYMENT

Police seek budget increase of \$1 million

Chief Jean-Michel Blais presented three budget scenarios to the municipality's board of police commissioners on Monday: one asking for a \$1,333,800 budget increase for fiscal 2017/18, one close to a balanced budget, and one showing the effects of cutting the budget.

The increases would go mostly towards hiring new people, including a health and wellness coordinator, a supply assistant to help monitor the evidence room, and a cyber technician to break into smartphones seized

as evidence.

The board asked for some clarifications on the budget proposals, and police brass will be back next week with answers. After the board makes any changes and picks a scenario, the budget will go to council's committee of the whole for final

At Monday's meeting, CAO Jacques Dubé reminded the board that allowing the increase in the police budget would mean belt-tightening elsewhere.

ZANE WOODFORD/METRO



A Halifax Regional Police cruiser is seen in this file photo. JEFF HARPER/METRO

Black drivers well used to being pulled over

POLICE

Carlos Beals, El Jones not surprised by unfair stats



Yvette d'Entremont Metro Halifax

I've had so many

encounters being

pulled over with the

police I don't even

remember them all.

They check me out,

say 'Here you go,

have a good day.'

Carlos Beals

Carlos Beals has lost count of how many times he's been pulled over by police while driving.

The Dartmouth resident said statistics showing Halifax police are more than three times as likely to "street check" black people is not news to members of the black community.

with CeaseFire Halifax, said he was pulled over twice in 2016. His most recent street check was just three weeks

"I've had so many encounters being pulled over with the police they come back and I don't even remember them all...They check me out, they come back and

say 'Here you go, have a good day," he said.

"I'm to the point where it's so normal for me to be pulled over that it doesn't even register with me anymore...Absolutely this is common. It definitely doesn't surprise me."

During one incident last year, Beals said he was driving with a client when police pulled him over and initially said he'd cut somebody off.

"An African Nova Scotian client was with me and he was like 'Watch him pull you over.' And I was like, 'No, he has no reason to pull me over," Beals recalled.

"Anyhow, we get a bit further ahead and lo and behold he was absolutely right. Police lights and sirens. I know I did not cut anybody off...He (the officer) plugged in my license and registration and came back and said have a good day." Beals said acknowledging how often this happens to black people Beals, an outreach worker is a great first step. He's now

hoping it will be seriously addressed.

Former Halifax poet laureate and activist El Jones said there's a perception in Canada that this is more of an "American issue."

Although the data isn't surprising to members of the black community, she said

it's still good to have the numbers. "Obviously black people are well aware that it happens, and people have always had socalled anecdotal evidence. So I guess in that sense it's validating to have the statistics show

what we've lived and known." Jones said.

"But it shouldn't be surprising because people have been attesting to these experiences. It really shouldn't be necessary in that sense to have data to validate that black people were telling the truth and are telling the truth about these experiences, and that these experiences happen in Halifax."

Jones said educating people to recognize that racism is both structural and systemic is important.

"It doesn't necessarily have to do with an individual. You can be a good person, you can have black friends, you can coach black kids in basketball after work and still go to work and unconsciously perpetuate ideas that may have been driven into you," she said.

"So you may not recognize that you're stopping young black men unfairly. I think we really need to address that idea of unconscious bias and we need to address it without in that sense laying blame."



Carlos Beals, outreach worker with Ceasefire Halifax. CONTRIBUTED

Nico is a star in the making

MOOSEHEADS

World juniors takes hype over Swiss teen to the next level

Adam Richardson For Metro | Halifax

It took only two weeks for Nico Hischier to plant a Swiss flag on the hockey world. His next big impression may be an early selection at June's National Hockey League entry draft in Chicago.

After finding his footing early on in the Quebec Major Junior Hockey League season, Halifax Mooseheads fans saw their prized import progress into perhaps the most dangerous offensive player in the league with 26 goals and 54 points in 33 games. Hischier was second in QMJHL scoring when he joined Switzerland's world junior squad in mid-December, but the beloved holiday tournament took his hype to an international level.

"It was such a great experience for me, not just for hockey but to play with my old friends from back home," said Hischier, from Naters, Switzerland. "I'll never forget it."

Hischier turned heads with smooth offensive skills and a solid two-way game throughout the tournament, collecting four goals and seven points in five games. His two-goal standout performance nearly helped the Swiss topple the eventual champion Americans in the quarterfinal, prompting some scouts to declare Hischier a potential top five pick in the upcoming NHL draft.

"(The attention) was nice, but the loss to the United States



To be that type of player at 17 years old is very rare for the world juniors.

Mooseheads coach Andre Tourigny on Nico Hischier



Hischier's performance at the world juniors is being compared to Jonathan Drouin, pictured, at the same age. THE ASSOCIATED PRESS

IN ACTION

Nico Hischier and the Mooseheads will be in action at home on Wednesday against the revamped Charlottetown Islanders. The puck drops at 7 p.m.

hurt," he said. "We were right there until the end, and our mood was down afterwards. Our main goal was to reach the semifinal."

Mooseheads head coach Andre Tourigny has coached more than a decade of junior hockey and spent the previous three years as an NHL assistant with the Colorado Avalanche and Ottawa Senators. He knows a star when he sees one, and considers Hischier's world junior feats a sign of something special.

"It's tough to compare players, but Nico's right in that alley of the best junior players I've ever coached," said Tourigny. "To be that type of player at 17 years old is very rare for the world juniors. It was on par with Sidney Crosby, Connor McDavid or Jonathan Drouin at that age, and perhaps even more impressive when you consider the way he lifted and led his team at such a young age."

Like Tourigny, Mooseheads teammate and QMJHL leading scorer Maxime Fortier wasn't surprised watching the breakout performance.

"Nico can do whatever he wants on the ice," Fortier said. "I played with Nik Ehlers and even Drouin here a bit, and he's right in that class. He was outstanding at the world juniors."



Nico Hischier on the ice at Scotiabank Centre this season. The Mooseheads forward may not be as well known as a Sidney Crosby or Nathan MacKinnon, but he's very, very good and playing right in our city. JEFF HARPER/METRO

Artists also feeling impact of teachers' job action: Musician

For many musicians, the first months of the new year are traditionally a slow time but 15 years ago, singer/songwriter Keith Mullins found a way to stay ahead financially while still working in his chosen profession.

"Usually I'm in the schools from mid-January until May, pretty much Monday to Friday," says the multi-instrumentalist about the 50 to 75 workshops he does each year in schools across Nova Scotia. "Eighty to 90 per cent of that is all over Nova Scotia... Now that there's a work-to-rule, they (the schools) **MEETING**

Conciliation talks between the province and Nova Scotia Teachers Union are set to resume on Tuesday.

can't hire me.... It is a substantial amount of income to lose."

And he's not the only one. Mullins says he's one of many people affected by the Nova Scotia Teachers Union workto-rule campaign now occurring in schools throughout the province

The campaign began Dec. 5 after contract negotiations with the province broke down.

Mullins said he wants to make it clear that he supports teachers 100 per cent in their actions but that he also wants the public and government to realize that others are being affected while the teachers attempt to reach a settlement.

"There's quite a few people, like teacher's assistants, other artists who do the same thing, storytellers ... who are also affected," he said. TO MEDIA



Learn FRENCH in Halifax

Bursaries available for healthcare professionals

Part-time classes

- Day and Evening10 Weeks
- 2.25 Hours / wk

OPEN HOUSE Jan 9, 10 & 11 9am to 7pm Full-time classes

- Intensive
- 1–5 Weeks • 6 Hours / day

Halifax Campus - 1190 Barrington Street • 902-424-1164 usainteanne.ca/clts • fls@usainteanne.ca • \$\sum @USainteAnneHFX

Coast Guard ready to tow grounded tanker

The Canadian Coast Guard says it will attempt early Tuesday to free a tanker that ran aground off Cape Breton.

The Arca 1 grounded just north of Sydney Mines on Sunday after losing engine power, and its six-member crew was rescued later that day.

Fisheries Minister Dominic LeBlanc, who is responsible for the coast guard, told a news conference that crews would prepare the Mexican-owned tanker for a tow Monday evening.

They hope to free it at high tide on Tuesday at 6:30 a.m., although LeBlanc said that decision will be made by officials on the ground. LeBlanc said he and other officials assessed the small tanker from the air Monday, confirming that its hull had not been breached.

"The good news appears to be that for the moment, there is no risk to marine ecosystems. Obviously, that is why it is so urgent to safely and effectively remove this vessel from its present position," said LeBlanc.

The Mexican company that owns the ship has been co-operative, he said, adding that it will be responsible for the costs of removing the tanker.

Both the Transportation Safety Board and Transport Canada are investigating, and those probes will be made public.

"I think it's important for Canadians to understand ... exactly how this could have happened, what steps can be taken in the future to avoid exactly this kind of circumstance or potentially one that may have had much more disastrous consequences," LeBlanc

He said booms and other "appropriate preventive measures" are in place around the vessel to protect against environmental damage. The Arca 1 is carrying 15 tonnes of fuel for its engines.

"If there was in fact malfeasance ... those responsible will be held to account," said LeBlanc. THE CANADIAN PRESS



The final Arca 1 crew member is rescued by a helicopter dispatched to the waters off the Little Pond cliffs. TO MEDIA

Police investigate pin found in fruit

When Cindy Wright and her Digby, where they had purhusband Brad were eating some clementines at their Deep Brook, Digby County, home a few weeks ago, Brad ended up with a bad taste in his mouth.

Actually, it was a rusted straight pin.

The pin was inside one of the clementines he was eating.

"We had brought them home, threw out the packaging. Over time we had eaten about three-quarters of them," says Cindy.

"Brad had taken the clementine apart in sections. As he was chewing on a piece of clementine he felt something hard inside his mouth."

He pulled out the straight pin. He wasn't injured and Cindy says it was fortunate it didn't get lodged in his throat. They were also relieved a child had not grabbed it to eat.

They reported the incident to the Atlantic Superstore in chased the clementines.

Cindy says she was surprised to be contacted by the RCMP a while later informing her a second incident had also been reported in Digby.

Now the store where the couple made their purchase says there is an active RCMP investigation to determine if there was intentional tampering at the store. Loblaws, which operates Atlantic Superstores, is treating the matter extremely seriously.

"We did due diligence on our end," said Mark Boudreau, director of corporate affairs for Loblaws Atlantic.

"Since it was two different products — it was clementines but they were two different vendors - we don't want to draw too many conclusion, but we don't think there is a packaging or shipment cause."



Lionel Desmond, far right in the front row, was part of the 2nd battalion of the Royal Canadian Regiment, shown here in Afghanistan in 2007. TREVOR BUNGAY/FACEBOOK

Dispute over role of family violence

Sociology prof challenges idea that war trauma was root cause

A week after a former soldier suffering from PTSD killed his wife, daughter and mother before killing himself, a difficult and complex debate has emerged in Nova Scotia about the role of domestic violence in the tragedy.

RCMP have confirmed Lionel Desmond shot his wife Shanna, their 10-year-old daughter Aaliyah and his mother Brenda before turning the gun on himself in Upper Big Tracadie.

Family members say Lionel Desmond, 33, was diagnosed with post-traumatic stress disorder after a tour in Afghanistan in 2007 and had received treatment from the military. But relatives suggest he did not get the help he needed when he returned to Nova Scotia 18 months ago, despite his family's best efforts to seek medical care. They and others have said the debilitating mental illness was the main reason for Lionel's terrible actions.

But domestic violence has emerged as a parallel narrative.

Ardath Whynacht, a sociology professor at Mount Allison University in New Brunswick, said people naturally seek simple explanations for horrific things, but it is a mistake to attribute



Shanna Desmond and her daughter Aaliyah, 10 FACEBOOK

Both stories need to be told. I don't think it's either-or.

Wayne MacKay, Dalhousie University law professor

the crime specifically to PTSD.

"This case is an anomaly if we look at it through the lens of PTSD. But it's not an anomaly when we look at the trends in intimate partner violence.... A woman is killed by an intimate partner once every six days

in Canada." Whynacht said the focus on PTSD ignores the fact that those with a diagnosed mental illness

ask the question: Why didn't he . humour and strong love for just take his own life? Where in * everyone with whom she crossed his life did he learn that it was . paths." up to him to take the lives of the . Aaliyah's obituary said she three women he was most close . dreamed of becoming a veterinto? That's not a question that : arian and had a beautiful smile we'll be able to answer by look. • that "would light up any room."

Rev. Elaine Walcott, a relative : time with her many cousins, of the Desmonds and a spiritual : said an obituary. adviser, said shifting the blame to . Her mother had recently and pitting members of the black . in Antigonish.

THE CANADIAN PRESS

Obituaries honour lives cut short

Funerals for the Desmond family are happening later this week, with Lionel and Brenda's on Wed- nesday and Shanna and Aaliyah's on Thursday.

Lionel's obituary said he 'succumbed to the tortures of PTSD." It described him as having a friendly demeanour and a contagious smile.

"His can-do attitude was evi- dent while serving his unit and community. He will be remem- bered as an amazing son, brother, father, husband, nephew, cousin and grandson," it said.

are far more likely to be victims . The obituary for Brenda said of crime rather than perpetrators. • the avid bingo player was "well-"As a community, we have to known for her smile, laughter,

ing at PTSD.... We can't ignore . "She loved horseback riding, the role of family violence here." skating, singing and spending

domestic violence will only suc- started working as a nurse at ceed in perpetuating stereotypes * St. Martha's Regional Hospital

community against each other. "Shanna loved to travel, dance "It's a perspective that is ex-" and sing," her obituary said. "She tremely damaging," said Walcott. . loved to try different foods and experience different cultures."

EDMONTON

Fraudsters turning copper into gold



Kevin Maimann Metro | Edmonton

About once a month, someone comes into Sarah Patterson-Robert's store trying to hawk fake gold.

"Usually I can tell really quick whether or not they know that it's fake and they're trying to rip me off, because they'll make a face when I say I have to test it, or they'll grab it and run," said Patterson-Robert, who's the manager of Edmonton Gold, a shop that buys and sells precious metals.

"Occasionally the person trying to sell it to me was ripped off, because they are just devastated when they're told it's fake."

Indeed, some Edmontonians got a painful reminder Monday that not all that glitters is gold.

Police say about 20 merchants and individuals in the city have been swindled into buying bars of fake gold for \$300 to \$800 each

Their actual value? Less than one dollar apiece.

"It's a significant loss of money for them," said Edmonton Police Service Const. Robert Wellon, with the criminal investigation section.

Police found the bars were covered in real gold but made from 94 to 96 per cent copper after an investigation, following a similar scam that was uncovered in Winnipeg last month.

They recovered the bars which combined had a total of 220 grams of gold, which they peg at a total market value of \$10,000.

Patterson-Robert offers to test every piece of gold she sells in front of the customer, and said no one should buy from someone who isn't able to do that.

"There's a lot of people who believe that we're going to be going back to a gold-based system — they think that regular money isn't going to be worth anything," Patterson-Robert said.



Police are warning Edmontonians not to buy gold unless it's been properly tested. AFP/GETTY IMAGES

ETHICS

Tory MP calling for vacation investigation

Conservative leadership candidate Andrew Scheer has asked Parliament's ethics commissioner to decide whether Justin Trudeau's secret family vacation to the Aga Khan's private island was an improper "gift" that constitutes a conflict of interest for the prime minister.

In a letter dated Sunday, the Saskatchewan MP pointed out that the Aga Khan's foundation in Canada has received tens of millions of dollars in international development contracts from the federal government, as well as funds for the organization's headquarters in Ottawa. Scheer wrote that the family vacation was a "private gift" from the billionaire religious leader that may have breached the Conflict of Interest Act.

Fellow Tory leadership hopeful Kellie Leitch also called for an investigation on Twitter. "The prime minister of Canada must be held to the highest standard," Scheer said in a statement Monday. "We need to know if it is appropriate for Trudeau to accept gifts from someone whose foundation receives funds from the Government of Canada."

Last week, after days of public pressure to reveal where Trudeau was vacationing, the Prime Minister's Office admitted he, his family and a few friends had accepted an invitation to stay at the Aga Khan's private Bell Island in the Bahamas during the holidays. The PMO defended the trip's secrecy, stating it was necessary to protect the Trudeau family's privacy.

The office also put out a statement describing the Aga Khan as longtime Trudeau family friend. TORSTAR NEWS SERVICE



Prime Minister Justin Trudeau holds a news conference with his cabinet after they were sworn in at Rideau Hall. THE CANADIAN PRESS

Trudeau shaking up his cabinet members

GOVERNMENT

PM to reshuffle team in wake of Trump presidency

Prime Minister Justin Trudeau is expected to give his yearold cabinet a facelift on Tuesday, shifting some weak ministers and promoting strong performers as his government braces for Donald Trump's imminent ascension to the U.S. presidency.

Sources tell The Canadian Press that the shuffle will involve at least six people. Those expected to be moved include International Trade Minister Chrystia Freeland, who is believed likely to replace Stephane Dion at Foreign Affairs.

Freeland, a former economics journalist with extensive contacts in the United States, is credited with deftly navigating through some eleventh-hour obstacles that threatened last fall to scupper the Canada-European Union free trade agreement — potentially valuable experience for dealing with the incoming Trump administration.

Trump, whose inauguration takes place Jan. 20, has vowed to adopt an unapologetically protectionist, America-first policy on trade, including reopening or even tearing up the North American Free Trade Agreement.

Dion's tenure at Foreign Affairs has been a rocky one, marred by controversy over his approval of a \$15-billion arms deal with Saudi Arabia. His prickly demeanour could also be ill-suited to dealing with the unpredictable Trump, who has demonstrated a tendency to easily take offence.

Rumours have swirled for months that Dion was to be named ambassador to France but he has denied any interest in the plum post.

News of the shuffle leaked

out Monday, just as the Prime Minister's Office confirmed that Trudeau's two top aides, Katie Telford and Gerald Butts, have been meeting with some of Trump's senior advisers, building bridges to the incoming administration.

Also believed to be in the shuffle mix are Status of Women Minister Patty Hajdu, seen as a strong performer, and Democratic Institutions Minister Maryam Monsef, widely criticized for her handling of Trudeau's promise to reform Canada's voting system.

Employment Minister Mary-Ann Mihychuk is also expected to be moved.

THE CANADIAN PRESS

ANIMAL RIGHTS

Marineland facing more cruelty charges



Jennifer Bluhm announced six new charges against Marineland on Monday. SAMMY HUDES/TORSTAR NEWS SERVICE

Marineland was charged Monday with six counts of animal cruelty, but the company dismissed the allegations, accusing Ontario's animal welfare agency of acting on behalf of "a band of discredited activists."

The latest charges, filed by the Ontario Society for the Prevention of Cruelty to Animals, relate to a number of land animals kept at the tourist attraction in Niagara Falls.

They include one count each of permitting elk, red deer and fallow deer to be in distress, and one count each of failing to provide the standards of care for those animals.

The agency's deputy chief inspector, Jennifer Bluhm, said the latest charges were part of a "complex investigation" that began on Nov. 10, when the OSPCA received a complaint of alleged animal cruelty.

Later that month, the agency laid five counts of animal cruelty against Marineland that related to the treatment of peacocks, guinea hens and black bears.

The OSPCA said at the time that more charges were pending.

"It was apparent there were additional charges that were appropriate," Bluhm said Monday. "While the investigation is still ongoing, these are all the charges we expect to be laid in this case."

Marineland has denied all the charges, none of which have been proven in court.

On Monday, the company accused the OSPCA of engaging in "a publicity campaign at the behest of a band of discredited activists with little relevant expertise or knowledge."

It also suggested that the move was an attempt by the agency to appease animal rights groups that have criticized the OSPCA for not doing enough to protect animals. THE CANADIAN PRESS

World metr@NEWS Tuesday, January 10, 2017

TRUMP ADMINISTRATION

From sonin-law to senior adviser

President-elect Donald Trump's influential son-in-law Jared Kushner will join him in the White House as a senior adviser, transition officials said Monday, putting the young real estate executive in position to exert broad sway over both domestic and foreign policy, particularly Middle East issues and trade negotiations.

Trump has come to rely heavily on Kushner, who is married to the presidentelect's daughter Ivanka. Since the election, Kushner Jared Kushner has been one AFP/GETTY IMAGES of the transi-



tion team's main liaisons to foreign governments, communicating with Israeli officials and meeting last week with Britain's foreign minister. He's also huddled with congressional leaders and helped interview Cabinet candidates.

His eligibility could be challenged. But Kushner lawyer Jamie Gorelick argued Monday that a 1967 law meant to bar government officials from hiring relatives does not apply to the West Wing. She cited a later congressional measure to allow the president "unfettered" and "sweeping" authority in hiring staff.

Kushner, who will not be taking a salary, will resign as CEO of his family's real estate company and as publisher of the New York Observer, as well as divest "substantial assets," Gorelick said. She said Kushner will recuse himself "from particular matters that would have a direct and predictable effect on his remaining financial interests." THE ASSOCIATED PRESS



IN BRIEF

Snake on a plane: Flight halted in serpent spotting

Once Samuel L. Jackson appeared in Dubai, it really was only a matter of time before the snake on a plane turned up. Dubaibased airline Emirates said that one of its flights from Muscat, Oman, to Dubai was cancelled after a snake was spotted. Passengers hadn't yet boarded the Boeing 777. Jackson, who starred in the thriller "Snakes on a Plane," was in Dubai last month for the Dubai International Film Festival. THE ASSOCIATED PRESS

Obama nets high approval, but he didn't unite nation

Over half of **Americans hold** favourable view of president

More Americans feel Barack Obama's presidency divided the country than feel it brought people together, a new poll shows. Yet he leaves office held in high esteem by a solid majority.

Eight years after Obama's historic election, just 27 per cent see the U.S. as more united as a result of his presidency, according to an Associated Press-NORC Center for

Public Affairs Research poll conducted after the 2016 election. Far more — 44 per cent — say it's more divided.

Those figures underscore one of the key contradictions of Obama's presidency. By and large, Americans like him. Yet, aside from the big "Obamacare" health care overhaul, he has been unable to translate that approval into congressional majorities to fulfil many of his goals.

"It's one of the few regrets of my presidency - that the rancour and suspicion between the parties has gotten worse instead of better," Obama said last January in his final State of the Union address.

Still, 57 per cent say they view Obama favourably, putting him way ahead of his predecessor, George W. Bush, and on par with Bill Clinton at the end of their two terms. Clinton had the same 57 per cent but Bush just 40, according to Gallup polling at the time. Bush's father fared better, with 62 per cent viewing him favourably at the end of his time in office.

Just over half say Obama's presidency has been great or good. Thirty-seven per cent view him unfavourably. Did he keep his promises? He did not, in the minds of 2 of 3 Americans, though 44 per cent say he tried.

There's frustration even

among many longtime Obama supporters about the lack of movement on major priorities such as overhauling the nation's immigration laws, enacting gun control measures and shutting the prison in Guantanamo Bay, Cuba.

"He acted very presidential, but he just couldn't get things done," said Dale Plath, a retired sales manager from Mason City, Iowa. He said he voted for Obama the first time, voted against him the second, and this year, Plath said: "I voted for change, frankly" — in the form of Donald Trump.

Obama leaves office more popular than he was just a few years ago. In December 2014,

the month after Democrats lost control of the Senate, just 41 per cent said they viewed him favourably in an AP-GfK poll.

His complicated legacy comes into sharper focus when it comes to race. Nearly 8 in 10 African-Americans view the nation's first black president favourably, but far fewer see his presidency as having yielded the type of profound changes for black Americans that many had hoped.

Just 43 per cent of African-Americans say Obama made things better for black people, while roughly half say they see no difference. Six per cent say Obama has made things worse. THE ASSOCIATED PRESS



An ale pectoral sandpiper on the tundra near Barrow, Alaska, calls out in the futile hope of attracting a female. BART KEMPENAERS/MAX PLANCK INSTITUTE FOR ORNITHOLOGY VIA AP

'Failed Don Juans' won't stop looking for a mate

You fly more than 100 miles for love. You get rejected. You fly another 100 miles. Another rejection. And another.

That's the high-flying but futile sex life of the male pectoral sandpiper looking for love in northernmost Alaska, according to a new study.

Some males are more persistent than others. Researchers tracked one desperate small shorebird that logged more than 8,100 miles (13,045 kilometres) in two dozen different hook-up attempts over a frenetic four weeks.

"They're definitely trying hard to flirt and court," said biologist Bart Kempenaers of the Max Planck Institute for Ornithology in Germany . "They are not particularly successful most of them. Failed Don Juans mostly."

Sandpipers migrate from South America to breeding grounds in the Arctic tundra in the summer. The males tend to be sex crazy during this time because females are only fertile for a few weeks. They flit all over the place, trying hard to seal the deal with loud throaty

hoots as many times as possible. The problem for them is that the females only mate once or twice a season.

"Copulations are incredibly rare," Kempenaers said. "The males need to try and try and keep at it."

Researchers tracked the activity of 100 male birds during a breeding season. It is "the most extreme example" of promiscuity in animals seen yet, said Kempenaers, who led the study published Monday in the journal Nature .

The males mostly forgo sleep

as they embark on non-stop flights in search of a mate, getting by on snatches of shuteye lasting several seconds at a time, Kempenaers said.

The average bird flies about 110 miles (178 kilometres) between mating attempts. In a breeding season, the males log on average about 1,900 miles (3,060 kilometres), a bit farther than flying from Los Angeles to Chicago.

Sandpipers can fly 40 hours non-stop around 37 mph (60 kph), but these long trips often end up in rejections. Those that

successfully mate don't have a role in raising the offspring, Kempenaers said.

George Divoky, a biologist at the scientific group Friends of Cooper Island that monitors the changing Alaskan Arctic, said in general Arctic shorebirds are shrinking in popu-

He called the study on this species of bird impressive, adding that it "will make me think differently about every pectoral sandpiper I see during the summer."

THE ASSOCIATED PRESS

INVESTING

Canada hot for cruise ships

TOURISM

Port cities are anticipating a surge in visitors

Canadian port cities expect to get an economic boost this summer from an influx of cruise visitors attracted by a low loonie and the country's 150th birthday celebrations.

Ports across Atlantic Canada, Quebec and British Columbia are anticipating a surge in cruise traffic.

"Canada is hot right now," Pierre Bellerose of Montreal's tourism board said in an interview.

With the opening in May of a \$78-million refurbished passenger terminal, the Port of Montreal anticipates the number of cruise passengers and crew members will be up 28 per cent from last year to 110,000 as the city celebrates its 375th birthday and Canada's sesquicentennial.

"The Port of Montreal is at the heart of those celebrations," said port CEO Sylvie Va-



The Port of Montreal is expecting 110,000 cruise passengers and crew this summer as the city celebrates its 375th birthday and Canada's sesquicentennial, TORSTAR NEWS SERVICE

chon. "We know that maritime trade has played an important role in the development of the city and the entire country."

The extra passengers are expected to generate an additional \$5.5 million in local spending, raising the total this year to about \$30 million, says Tourisme Montreal.

Ports in Atlantic Canada are also anticipating double-digit increases in 2017 above the nearly 600,000 passengers that landed last year, said Brian Webb, executive director of Cruise Atlantic Canada.

"It's looking great across the board, so every single port looks to be seeing increases,"

he said from Nova Scotia.

Newfoundland and Labrador is expecting a record cruise season with an expected 99,266 passenger and crew visits, up from 50,448 passenger and crew visits in 2016.

"We're definitely excited about the increases because it will mean increased economic

WHY THEY COME

The low value of the Canadian dollar encouraged cruise lines a couple of years ago to add routes this summer.

Canada's birthday celebrations, the Tall Ships gathering in Halifax from July 29 to Aug. 1 and increased tourism efforts across the region are also contributing factors

activity," Webb added.

While in Canadian ports, cruise ship passengers spent almost \$262 million or nearly \$150 per person in 2012, according to the latest study conducted by the industry. Average spending was highest in B.C. ports, which accounted for 54 per cent of the more than two million passenger visits and 77 per cent of spending.

The Port of Halifax, largest in Atlantic Canada, welcomed 238,000 cruise passengers in 2016, up seven per cent from the prior year.

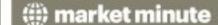
THE CANADIAN PRESS

Firm buys into pot testing lab

Ottawa-based cannabis investment firm CannaRoyalty Corp. says it's acquiring a 20 per cent stake in Anandia Laboratories Inc., a company that specializes in marijuana testing, in a deal valued at \$4 million.

There are currently seven licensed cannabis producers in Canada who are working with the Vancouver-based cannabis biotechnology company to test their products. A report by the federally appointed task force on marijuana highlighted the importance of testing cannabis products to ensure they're safe for consumption.

THE CANADIAN PRESS



5 DOLLAR 75.59¢ (+0.02¢)

TSX 15,388.95 (-107.10)

OIL \$\$51.96 US (-\$2.03)

GOLD \$1,184.90 US (+\$11.50)

NATURAL GAS: \$3.10 US (-18¢) DOW JONES: 19,887.38 (-76.42)

Mini machine is super-cool



Colin McNeil Metro Toronto

It could be the most Canadian invention ever: a miniaturized, do-it-yourself ice resurfacing machine.

Made with backyard rink hobbyists and small communities that can't afford full-sized ice resurfacing machines in mind, Chris Yenna's creation is a compact, portable version of the ice cleaner we're accustomed to seeing at NHL-sized

"The end result is the same," the Calgary entrepreneur told Metro. "I just basically made everything smaller."

While even relatively simple ice cleaners can run you \$10,000 or more, Yenna said his 'Ice NV' portable ice resurfacer would cost significantly less than the big, traditional ice cleaners, which retail around \$100,000.

prices, with his creation still in the prototype stage. "I just kind of Frankensteined it," he

said. "I didn't prepare myself for this (attention) in the beginning."

No stranger to the outdoor ice game, the Facebook page for his creation, Porta Ice Ltd., proclaims Yenna has "15+ years of ice maintenance experience and has installed and maintained portable ice rinks in over 40 countries and five continents worldwide."

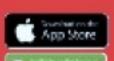
"I've always had the dream," He was hesitant to quote he said, "to show there can be quality ice out there."

MORE ON THE METRO APP



Chris Yenna's 'Ice NV' portable ice resurfacer. CONTRIBUTED

NEWAPPION



• LOCAL NEWS • VIEWS • LIFE • SPORTS

METANS

Your essential daily news

Tuesday, January 10, 2017

EMMA TEITEL ON THE RIGHT TO DISCONNECT



At this very moment France is not in the business of building on the tools of mass communication; it's in the business of restricting them.

Despite a reputation for standoffishness (especially with tourists) the French have invented some of the most important mass communication tools in human history. These include the papermaking machine, the Bic Cristal ballpoint pen (who doesn't have one of those?), and the bane of high school principals everywhere: the mobile software that enables us to share photos on our cellphones en masse, i.e. the DNA of the nude selfie.

This history is interesting and odd, because at this very moment France is not in the business of building on the tools of mass communication; it's in the business of restricting them.

I'm referring to the country's new "right to disconnect law" that went into effect on New Year's Day (along with a series of other labour-related regulations): a law that makes it illegal for employers to intrude on employees' private time via email after working hours.

More specifically, the law requires that companies with 50 or more staff members work with unions and employees to devise a policy that prevents the intrusion of office emails into workers' leisure time. The "Right to Disconnect" policy comes on the heels of a French study about the scourge of so-called "info-obesity": the suffering health of French workers who are constantly connected to their emails

Technology's pervasiveness is as much the fault of Internet-obsessed employees as inconsiderate bosses.

outside working hours. Curtail that connection, argues French Labour Minister Myriam El Khomri, and everybody — bosses and charges alike — will be better off.

So it goes that the nation that invented the software that keeps Kim Kardashian's selfie empire afloat has taken a vow of technological temperance.

The question now for those of us who live outside of that nation is should we follow suit? Should we do as the French do, and demand: "No longer will our ward reviving the fast fading line between work and play (a line that is likely to go extinct without government intervention.)

But unfortunately, the law is also a Band-Aid solution to a much deeper problem. Excessive emailing isn't the prime enemy of leisure time in the modern work world. We are the enemy. That is, our addiction to technology is the enemy.

It's an addiction that motivates 87 per cent of U.S. workers, according to an American survey from 2015,



Now that France has passed a law that makes it illegal for employers to intrude on employees' private time via email outside working hours, the question for the rest of us is: Should we follow suit? TORSTAR NEWS SERVICE FILE

vacations be cut short by uncharitable bosses who refuse to respect the authority of our Out of Office autoreplies?" Our answer, judging by fawning headlines and editorials heralding the right to disconnect, is a resounding yes. As a rule, liberal North Americans love to heap praise on progressive European social policy, and it appears this case is no exception.

And why should it be? The law, after all, is a step in the right direction toto check their emails outside work hours everyday,
and provokes the average
smartphone user, according to a study from 2013,
to check Facebook 14 times
a day. It's an addiction, according to another study,
from the U.K., that triggers
university students who are
separated from their technology for 24 hours to suffer
withdrawal symptoms similar to those exhibited by
heavy cigarette smokers.

It's an addiction, in other words, that cannot be legislated away, because its pervasiveness is as much the fault of Internet-obsessed employees as it is inconsiderate bosses. (I check my email almost every day when I am on vacation not because I think my employer is emailing me, but because I am addicted to my phone.)

In fact, one could argue that a prohibition against after-hours emailing is almost useless if it doesn't address the job pressures exacerbated by social media. Email, after all, is only one of many online communication tools available to employers. If you happen to work in public relations, or advertising, the line between personal and professional is often even blurrier; many people in these fields are required to post content to social media on behalf of their organizations - a duty that never sleeps and is rife with personal risk. Make a mistake in a rush, and your career and reputation could be in the gutter.

If your job involves social media — and even if it doesn't — it isn't unlikely that you follow your bosses and colleagues on Twitter, Facebook or Instagram. If this is the case, so long as you are logged onto to one of those platforms you are effectively never out of reach of your employer.

The truth, then, is that the disappearing line between work and leisure time cannot be restored by legislation alone. It will be restored only if — in addition to the passage of progressive labour laws — we decide to commit to the deeply personal work required to kick any powerful addiction.

Emma Teitel is a columnist for the Toronto Star.

Lionel Desmond's story is a tragic wakeup call

Russell Wangersky

Right now, four deaths in Upper Big Tracadie, N.S., are front and centre in the public eye.

It's pretty clear that Lionel Desmond, a former Canadian soldier suffering from posttraumatic stress disorder following service in Afghanistan, killed three members of his family before committing suicide. The victims? His 10-yearold daughter, Aaliyah, his wife, Shanna Desmond, and his mother, Brenda Desmond.

Lionel Desmond, acquaintances say, had been seeking help for years.

"He's been crying out for help from the mental health system," one family member told the CBC, adding Desmond was turned away from hospital last week because of a bed shortage. He did receive help for his condition from Veterans Affairs.

No one will ever be able to say that the deaths were directly the result of Desmond's PTSD. But what's clear is that trying to find help for a complicated mental issue is in both frustrating and destructive — things are bad enough already, and being turned away from help only makes it worse.

Any PTSD sufferer can tell you it is an insidious thing: it moves your life around in ways that are hard to even imagine. Sometimes you can't sleep; other times, you are afraid to sleep, afraid of night-mares or daytime fugues so real that you believe they are happening to you right then. You might not want anyone standing behind you — ever.

You may live for weeks with an inability to shake im-



Sandy MacLeod

VICE PRESIDENT & EDITOR

Cathrin Bradbury

EXECUTIVE VICE PRESIDENT, REGIONAL SALES Steve Shrout

MANAGING EDITOR HALIFAX
Philip Croucher

ADVERTISER INQUIRIES adinfohalifax@metronews.ca
General phone 902-444-4444

FREE TO SHARE SWWW.

pending and overwhelming dread — you may waste countless hours pre-planning for disaster and calculating how to protect the people you love.

And sometimes, paradoxically, there's the overwhelming and inexplicable desire to go back to the very situations that caused the whole mess, just to feel the extreme fearbased excitement all over again.

It's an unworldly, complicated mess, one not easily understood or dealt with.

What is easily understood is that there are treatments, and that Canadian veterans should have rapid and enhanced access to those treatments.

It should be a given that exsoldiers need the best of care, both physically and mentally.

They're not getting it

— and nor is anyone else,
frankly.

We're at a curious crossing point for mental health: on the one hand, we're asking people to come out of the shadows, to be open and supportive about mental health issues. On the other hand, those who come forward meet huge wait times or massively expensive private treatment options.

Employee assistance programs — if they exist in your workplace — offer woefully short treatment options. Public systems have extensive wait lists, while private options are ruinously expensive, especially if your condition is serious enough that you can't work.

Change has to come, not just in how we view mental health, but in the resources we apply to dealing with it.

Russell Wangersky is TC Media's Atlantic regional columnist



Philosopher cat now at www.mymetrostore.ca

METHIFE



Your essential daily news

U2's stadium tour to celebrate the 30th anniversary of The Joshua Tree will kick off in Vancouver May 12

Why it seems like everyone is sick

Flu season is peaking at the same time as other respiratory viruses. Metro reports on the hotspots, and what you can do to protect yourself from the perfect storm of sickness.

🖶 FLU, FLU GO AWAY...HELPFUL TIPS

Genna Buck Metro Toronto

The sounds of hacking, sneezing and sniffling fill the halls of hospitals, workplaces and schools across Canada.

We're in the thick of a whopper sickness season, for two main reasons:

One: There's a particularly nasty flu — and a lot of it going around. Two: Everything else is going around too.

Only a fraction of those who come down with flu-like symptoms are tested, so the real case count is certainly higher, but in the last two weeks of December, 3,177 people tested positive for flu in Canada. That's a ten-fold increase over the 298 cases diagnosed in the same period in 2015.

Blame it on H3N2, said Dr. Allison McGeer, a flu researcher and director of infection control at Toronto's Mt. Sinai hospital. That's the main strain of influenza going around this year. And although the flu shot developed to fight it seems to be a good match, it might not stay that way for long, because H3N2 mutates really, really quickly.

There's more: Through illness and vaccination, most people accumulate some immunity over the years to flu strains such as H1N1 and influenza B.

"With H3N2 it's not like that," McGeer said. "I've seen older people get two H3N2 infections six months apart. You don't accumulate immunity, so you're really dependent on this year's vaccine."

So H3N2 hits the old and frail the hardest. The flu shot also doesn't work very well on them, making it doubly important for the healthy adults around them — family members and health-care workers — to get their shots, McGeer said.

Although public health people around the country are extremely busy at the moment (Dr. McGeer's pager went off twice during our 30-minute chat), she was quick to say it's not a crisis.

neez-

No Activity

Sporadic

Scattered cases of influenza-like illness

Widespread

Outbreaks in more than half of facilities

All of facilities

"People come to work hacking up a lung all the time. Work from home. Teleconference. If you're at home with fever and chills and you're dying, don't go to the bloody party. It's not about you," Dr. Michael Gar-

to the bloody party. It's not about you," Dr. Michael Gardam said. And if you must go to work, stay as far away from others as you can, he added.

Wear a mask

If you're coughing and you must be around other people, a mask provides a bit of protection. But make not constantly touching your face to adjust it, then not washing your hands: That could be worse than no mask at all, Dr. Allison McGeer warned.

Clean your hands

Although there's some evidence it may be airborne, most people get the flu from close personal contact. When you go to bed you should be able to remember five times during the day that you washed your hands thoroughly or used an alcohol hand sanitizer, Dr. McGeer said.

Get the flu shot

des a bit of lt's free, it provides some protection, and "there's no downside," Dr. Gardam said. sure you're GENNA BUCK/METRO

DATA SOURCE: PUBLIC

CANADA

HEALTH AGENCY OF

for

a n

ex-

a l l y

There's enough flu flying around that patients and health care workers have started to catch it inside the hospital, when they're being treated for something else. Wards have had to close to try to contain outbreaks, and group activities in long-term care and retirement homes have been cancelled.

Similar measures are being

taken
in other hot
zones of widespread flu activity, like Calgary, which has
seen 1,028 cases this season,
said Dr. Gerry Preddy, senior
medical officer of health for
Alberta Health Services.

It's awful, but it's a predict-

able kind of awful.

There's no need for a "flu situation room" with central management of resources like hospital beds, vaccines and anti-viral medications, like there was during the swine flu pandemic of 2009 and SARS in 2003.

"That's for situations that are beyond our capacity — this is just a flu season. There is a need for a lot of communication. It is a but we have to do it every year,"
Dr McGeer said.
But there is something that makes this year different: other, nonflu respiratory viruses the Public Health Agency of Canada keeps track of are peaking at the exact same time as flu.

lot of

A hockey-stick-like spike in the various respiratory viruses began before Christmas, making miserable season, explained Dr. Michael Gardam, an infection control researcher at the University Health Network.

In particular, there's a lot of respiratory syncytial virus (RSV) about. It has very similar symptoms to the flu and can be very dangerous to children with breathing problems and premature babies.

"My guess is we're two-thirds of the way through the peak of this," Gardam said. "It's not just flu. I want you to get your flu shot, but we can't rely on your flu shot as your only control measure."



(Cre at

If you're at home with fever and chills and you're dying, don't go to the bloody party.

Dr Michael Gardam

Moss finds fresh meaning in Atwood's timeless power tale

Elisabeth Moss has long been prominent on the television front lines in the fight against

As secretary Peggy Olson, she rose through the ranks of misogynistic executives during the Mad Men era. But her character in Margaret Atwood's A Handmaid's Tale takes the glass ceiling to another level.

In the Canadian author's celebrated novel, Offred lives in a fundamentalist society that was once the United States. Gilead is faced with a declining birth rate and women are treated as property of the state.

The name "Offred" literally means "Of Fred," the commander to whom she is bound in servitude. The tale is once again about the imbalance of power in society, this time told through the broader lens of speculative literature.

"It's incredible that it has such meaning today and it was written more than 30 years ago," Moss says.

Moss read Atwood's work years ago and has since reread it several times "till it was dog-eared" to get insight into



Elisabeth Moss plays the role of Offred in Margaret Atwood's A Handmaid's Tale, shot in Toronto by Hulu. CONTRIBUTED

her character. That included meeting with Atwood herself in Toronto where the series by streaming service Hulu is shot. Co-stars include Alexis Bledel (Gilmore Girls), Samira Wiley (Orange Is the New Black) and Joseph Fiennes (Shakespeare

"We talked a bit. I asked her a few questions as to what she was thinking when she wrote it," said Moss. "But the funny thing is, it's all there in the book. If we do a scene from the book, I always read it. It's so intimate the way she wrote it. My greatest reference and

the closest I can get to Margaret Atwood is in that book."

Atwood didn't give her any specific advice, said Moss. "That's what's so cool about her. She has given us total confidence and freedom. It's allowed us to believe in ourselves."

Moss is riding high with two critical Emmy-worthy series this year. Director Jane Campion's thriller Top of The Lake returns this year for a second season. But A Handmaid's Tale could be her most challenging work yet.

Aerial Silks

Aerial Hoop

Youth Circus

Pole Sport

Circus Camps

Trapeze

TORSTAR NEWS SERVICE



JOHANNA SCHNELLER WHAT I'M WATCHING

Our ambassador for empathy delivers

THE SHOW: The 2017 Golden Globe Awards (NBC/CTV) THE MOMENT: Meryl's speech

There was only one moment that mattered. Accepting her lifetime achievement award, Meryl Streep stood on stage. She held notes, but she didn't need them.

She said that everyone in Hollywood - in America came from somewhere else. Then she cut to the quick: "An actor's only job is to enter the lives of people who are different from us and let you feel what that feels like," she said. "But there was one performance this year that stunned me.... There's nothing good about it. But it did its job.

"It was that moment when the person asking to sit in the most respected seat in our country imitated a disabled reporter, someone he outranked in privilege and power and the capacity to fight back." She finished by calling on everyone to support the principled press, "because we're going to need them going forward and they'll need us to safeguard the truth."

Throughout the broadcast, background noise had buzzed from the bar. But now Streep's raw voice was the only sound. You could feel the room holding its breath.

It's impossible to do justice to how gutsy and thrilling Streep's decision was to make this speech. Most honourees speak about

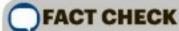


The background buzz at the Golden Globes fell silent as Meryl Streep delivered her stirring speech. CONTRIBUTED

their careers. Streep's been honoured so much, she's past that. This is her lifetime achievement: to have earned the ability to hold the world still for five minutes to say something necessary.

She showed all of us whose hearts are broken by Trumpism a way forward. Not through anger, but through truth. She's our ambassador for empathy.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



Rating Streep's records

While "overrated" is an opinion, Streep holds the record for the most Academy Award nominations of any actor. She has earned 19 Oscar nods and three wins, as well as a record 29 Golden Globe nominations and eight wins, and two Emmy Awards. THE ASSOCIATED PRESS

SOUNDING OFF ON STREEP TRUMP & CO. REACT TO SPEECH

Hollywood's leading lady found herself in the firing line when the United States' presidentelect woke up Monday morning and took aim at her Golden Globes address.

Meryl Streep, one of the most over-rated actresses in Hollywood doesn't know me but attacked last night at the Golden Globes. She is a Hillary flunky who lost big.

Donald Trump



This Meryl Streep speech is why Trump won. And if people in Hollywood don't start recognizing why and how — you will help him get re-elected. ator John McCain's daughter, Meghan McCair

I'm a lifelong fan of your work but also a lifelong martial artist. Please be my guest at the LA Forum on January 21st and you will see that mixed martial arts is truly artistic. Scott Coker, the head of Bellator MMA, invites Stre to an event after her MMA jibe in the speech





Now I hope that Meryl Steep will use her power and influence to ensure that TV and movies include people with disabilities with accurate and positive portrayals. nnifer Laszlo Mizrahi, president of RespectAbility, a nonprofit advocating for people with disabilities



Adults travelling with mom and dad

TRAVEL TRENDS

Boom in trips for grownup clans, just pack your patience

Katrina Clarke Torstar News Service

Wedged in the middle seat between my parents on a flight to Ireland, I turned to my mom and asked to take a look at her guide book.

"Oh now you want to know what we're doing," my mom teased. My parents had just planned our family vacation our first as a family of adults.

It was my Vancouver-based sister, Carolyn, who proposed the idea. She is 26; I am 29. And while the four of us travelled frequently as a family when my sister and I were little, our four-some splintered as we got older and busier and added significant others to the mix.

I was cautiously optimistic

about this adult Clarkes-only trip and braced myself for inevitable bickering and personality clashes. But this seemed like a great chance to reconnect.

The idea, it turns out, is part of a trend travel companies have noticed: more parents are going on trips with their grown children.

"With families scattered all over the place ... it's getting harder and harder to get everyone together," said Lois Farley, product manager with Great Canadian Travel Group. "(Travel) is a way to keep the family together."

G Adventures, a global adventure travel company based in Toronto, also saw a 12 per cent increase in families travelling with adult kids between 2015 to 2016, while bookings for families with young kids over the same period increased by only 5 per cent, said spokesperson Tim Chan.

We agreed on a family-friendly trip to Ireland in November. I'd been there once before, but mostly to explore Dublin pubs, so I was excited to see the pastoral lands — the emerald parts of the Emerald Isle. It was from there we left the planning to the parents.

It's not that my sister or I are incapable of planning vacations but this trip snapped us back into a pre-2000s family dynamic. My dad drove and mom navigated dynamic worked and I was happiest relaxing and documenting scenery on Snapchat. But there were moments I missed my adult independence and wanted to grab the wheel or bark: "Wrong way!"

We landed in Dublin and spent the next few days travelling north, visiting a prehistoric tomb in Brú na Bóinne, then southwest, touring the crumbling Rock of Cashel. It was in rainy, cold Cashel I had my epiphany: one of the best parts of travelling as an adult is being able to drink with my parents. Q

From Cashel we drove west to Killarney's Land-Before-Timeesque national park — where we found happy middle ground between being a family with children and being a family with, well, adult children. My sister and I bit our tongues when our parents obsessed over GPS direc-

tions and our parents said nothing when we dozed in the car, missing the scenery.

After Killarney, we wound through green pastures to the Dingle Peninsula, walked along Inch Beach and snapped selfies at the edge of cliffs overlooking the Atlantic Ocean.

Looking back, if there was one takeaway from the trip, it was that being an adult and acting like one are two different things. For instance, after Donald Trump's election, I initiated downwards-spiralling, impassioned political arguments, my patience wore thin during long drives, and the more time we spent together, the more pronounced everyone's idiosyncrasies became to me; my exmilitary dad demanding early wakeup calls, my mom needing to check out every stone carving and my energetic sister wanting Katrina Clarke and her family, Glenn, Deb and Carolyn, take a selfie at a cliff along the Dingle Peninsula on the Atlantic coast of Ireland.

KATRINA CLARKE



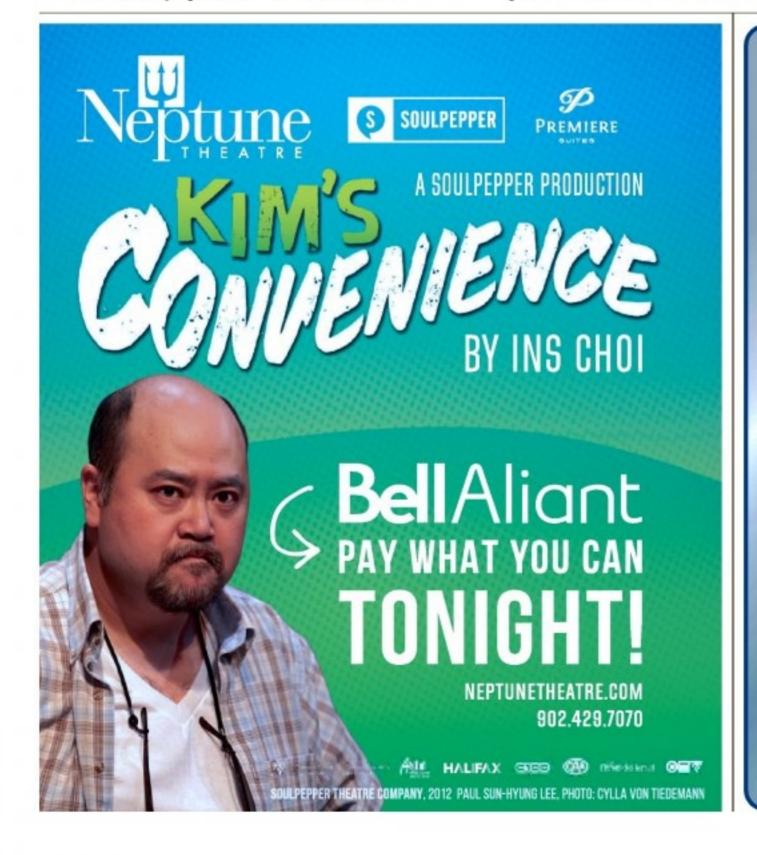
With families scattered all over the place, it's getting harder and harder to get everyone together.

Lois Farley, Great Canadian Travel Group

next to no downtime.

But we also burst into laughter when the GPS started talking in the hotel room; my sister and I ribbed my parents when they wanted to be at the airport hours earlier than necessary, and we permitted ourselves a chuckle or two when my dad cracked corny jokes.

"You wouldn't want to be a guy named Ken there," he said as we drove past Kilkenny.



OSCAY Domestic Short Hair

Oscar is one of the many cats who end up in the shelter with a mysterious past. He was living as a stray, and found by a cat rescue group in the Halifax region. Little Oscar, only about one year old, is a bit shy but has an even-tempered personality and he will be glad to settle into a forever home. He is coping with this situation patiently, as he waits for the person or people who

will decide they need Oscar in their lives. Could that be you?

For more information on **Oscar** and other adoptable furry friends, visit **www.spcans.ca/dartmouthshelter** or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or dartmouth@spcans.ca

BROUGHT TO YOU BY:



Halifax's Home for Pet Supplies, Grooming, Training and Dog Daycare!



METRO IS A PROUD SUPPORTER OF ADOPT AN ANIMAL WITH THE SPCA

Scheidegger shows quality

Albertan proves point by winning her first Grand Slam event

Casey Scheidegger entered her first Grand Slam curling event as a skip with plenty of potential. She showed the stacked field at the Canadian Open that she belongs at the top level.

Scheidegger beat top names like Jennifer Jones, Rachel Homan, Val Sweeting and others this past week before topping

Swiss skip Silvana Tirinzoni in is obviously the final. Not bad for a foursome that has never made it out of provincial playdowns before.

"We just wanted to play well and make lots of shots," a modest Scheidegger said Monday from Lethbridge, Alta.

Mission accomplished. Scheidegger and her team of third Cary-Anne McTaggart, second Jessie Scheidegger and lead Stephanie Enright edged Tirinzoni 5-4 to win \$30,000. They are also brimming with confidence as they prepare for the Alberta playdowns later this month.

"To play against some of the world's best and to beat them

really exciting and gives us a huge confidence boost," Scheidegger said.

The 28-yearold skip quali- Casey fied for the 16- Scheidegger team women's THE CANADIAN field in North PRESS FILE Battleford.

Sask., after posting three victories on the World Curling Tour this season. They had played some of the top teams in the past, but never at a Tier One event.

Scheidegger opened the triple-

knockout competition by dropping a close decision to Kelsey Rocque before bouncing back with a rout of Homan. A onepoint loss to Anna Hasselborg knocked Scheidegger down to the C bracket and she didn't lose after that.

Wins over Kerri Einarson and Rocque sent Scheidegger to the playoff round. Once there, she dispatched Jones, Sweeting and finally Tirinzoni, stealing a point in the final end when the veteran skip was light on a draw to the four-foot.

The victory also gave the team a berth in the Champions Cup this April.

"They've embraced a whole bunch of stuff that we've been trying to integrate with that team this year," said Alberta high-performance coach Paul Webster. "Both from a technical standpoint in terms of how they're throwing the rock but also how they're calling the game and how they're managing the scoreboard. They truly are a coach's dream.

"They've opened their minds. You almost have to be careful what you say to them because they're going to embrace it and do it. They're just a really cool team to work with in that respect."

THE CANADIAN PRESS



IN BRIEF

Packers' versatility will be needed if Nelson is out

Wide receivers for the Green Bay Packers are trained to handle any position. That versatility will come in handy for the Packers if Jordy Nelson misses the divisionalround playoff game against the Dallas Cowboys this weekend due to a rib injury.

Nelson will sit out practice midweek to focus on rehab for the injury, though McCarthy said his top receiver may be cleared to play in Dallas.

THE ASSOCIATED PRESS



It's time for him to grow.

New York Giants general manager Jerry Reese on Odell Beckham Jr., pictured, who allegedly punched a hole in a wall outside the Giants' locker room at Lambeau Field after Sunday night's 38-13 loss to the Packers.

Manning and Spurrier set for college football HOF

Peyton Manning and his Southeastern Conference nemesis, former Florida coach Steve Spurrier, will go into the College Football

Hall of Fame together. The rest of the new Hall of Fame class of 13 players and coaches announced Monday includes Southern California Heisman Trophy winner Matt Leinart, San Diego State running back Marshall Faulk and Danny Ford. THE ASSOCIATED PRESS

Ronaldo wins FIFA's best player award for 4th time

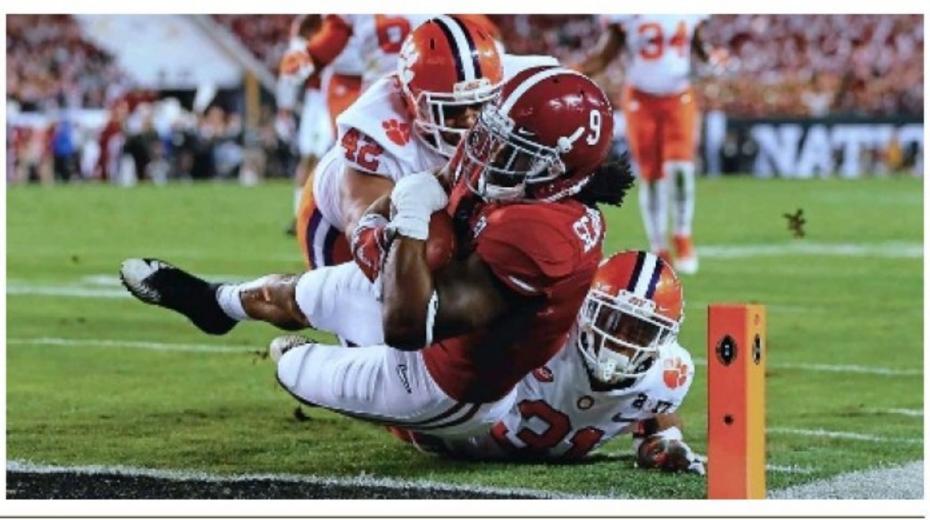
Cristiano Ronaldo received FIFA's best player award for the fourth time on Monday, after Portugal and Real Madrid won both major European titles in 2016.

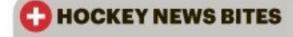
He beat runner-up and great rival Lionel Messi and Antoine Griezmann to complete a sweep of top individual awards. THE ASSOCIATED PRESS

NCAA CRIMSON TIDE AND TIGERS FACE OFF IN NATIONAL CHAMPIONSHIP Alabama running back Bo

Scarborough rumbles into the end zone to give the Crimson Tide the early lead over the Clemson Tigers in the NCAA national championship game on Monday night in Tampa,

Go to metronews.ca for more from the game. KEVIN C. COX/GETTY IMAGES





Career year

Tampa Bay's Victor Hedman is on pace for a career-high 72 points. Since Dec. 1 the blue-liner has 20 points in 18 games while averaging about 25 minutes for the Lightning.

Schneider's struggles

Cory Schneider, pictured, entered this season bettered only by Carey Price in save percentage since being traded from Vancouver to New Jersey in the summer of 2013.

The 30-year-old has fallen off in this season with the Devils. Schneider sits 24th in save percentage (.908) among the 35 goalies with at least 20 starts.

Out west

An unlikely six-game win streak has pushed the Vancouver Canucks into the playoff mix, currently one point back of the Los Angeles Kings for the final wild-card spot out west.

THE CANADIAN PRESS

Is 700 club within Ovi's grasp?

Only seven players in the 100year history of the NHL have ever scored 700 goals, and Alex Ovechkin may join them one day.

Ovechkin recently climbed past Stan Mikita on the all-time goals list and will soon pass the great Maurice "Rocket" Richard for 29th place.

The 30-year-old captain of the Washington Capitals, with 543 career goals, could reach 24th in NHL history by season's end - passing Mike Modano's 561 goals - if he maintains his current scoring pace.

Barring catastrophe, Ovech-

kin will soon become only the 20th player ever to reach 600 goals perhaps next season - but can he get sive 700-club, GETTY IMAGES which includes



only Wayne Gretzky (894), Gordie Howe (801), Jaromir Jagr (756), Brett Hull (741), Marcel Dionne (731), Phil Esposito (717), and Mike Gartner (708)? Ovechkin is on pace for 38 goals this sea-

son, which would leave him only 137 shy of 700 with four years left on his current contract with the Capitals. If he played only those four years Ovechkin would need to average 34-35 goals to get to 700.

Five more years and that average dips below 30, at which point Ovechkin will be in his late 30s. Can he play that long and still remain productive?

Maybe, though not everyone has the moves like Jagr, the last player to reach 700. Jagr reached 27 goals last season at age 44. THE CANADIAN PRESS

MAKE IT TONIGHT —

Hearty Pasta e Fagioli





Is it a soup? Is it a pasta? Who cares when it's hearty and healthy.

Ready in 35 minutes

Serves 6

Ingredients

- 1 Tbsp olive oil
- 1 onion diced
- 3 cloves of garlic minced
- 1 or 3 stalks of celery chopped
- · 3 medium carrots sliced thinly 1 yellow or green zucchini,
- halved and then sliced · 6 mushrooms cleaned and sliced
- 1 14 oz. can of cannelini beans
- 2 cups vegetable or chicken stock
- 1 x 28 oz. can drained plum tomatoes
- 1 cup whole wheat tubetti pasta
- thyme and rosemary 1/2 cup grated parmesan

Directions

- 1. Sauté onion, garlic and celery in olive oil till soft, 3 minutes. Add carrots and cook 2 minutes before adding zucchini and mushrooms. Let soften before adding the stock.
- Drain can of cannelini beans and scoop out 1/3 cup and mash roughly. Put mashed and unmashed beans into pot and stir. Cover and simmer 5 minutes.
- 3. Drain tomatoes and add, breaking up with spoon, Simmer 5 minutes.
- 4. Add cup of tubetti, a good pinch of thyme and rosemary and cook for 10 minutes. Add some salt and pepper to taste.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

ACROSS 1. Texter's pal 4. A belt is worn around one 9. "American _ Warrior" (NBC's obstacle course show) Ghost's communication... When a long lunch might end: 2 wds. 16. The Hunter constellation 17. Sweetly soothe a sour situation Jabbed 20. Celebrity chef Mario Batali always wears orange ones 21. Close-ivity 23. Belonging to the "Good Times" disco group 26. Plant seeds 27. Vancouver's great Spirit of the West: 3 wds. 33. Ms. MacGraw 34. Glenn Gould played them 35. Street 37. Belonging to NYC's legendary punk club 39. "Rhoda" production co. Stephen King's fictional Maine town 41. Charlie Chaplin's last wife 42. 11:55am or 2:55pm ...in two other words 44. Culpa's partner 45. Futuristic comic ser-

ies by Brian K. Vaughan

and Steve Skroce (with

colouring by Matt

Hollingsworth) about

	-	-			1	1				~	1.0	1.	-	1
14	\vdash			15						16	\vdash	\vdash		T
17			18		\vdash					19	\vdash	\vdash		H
20	\vdash						21		22					H
			23		24	25			28		\vdash			
27	28	29						30			\vdash	31	32	
33	\vdash			34		\vdash					35	\vdash		38
37	\vdash		38			39				40		\vdash	Н	t
41	\vdash				42				43			44	Н	t
	45			46							47			H
			48				49				\vdash			
50	51	52				53				54		55	56	57
58						59		60	61		\vdash		\vdash	H
62						63						64		+
65						66						67		\vdash

Canadian freedom fighters: 4 wds. 48. French possessive 49. Novel's l'il opening 50. Get less noisy: 2 wds.

54. "Don't mind

58. Send __ (Comappliance municate via 67. Timecard abbr. Hallmark) DOWN

Trailblazer 62. Not like The Fonz 63. Rent

64. Niblets holder 65. Soddy stuff

66. Laundromat

1. Pear variety 2. Bobby Orr's number

3. Island off of Newfoundland Navy vessels

6. Figure skater Midori 7. Couch potato's retro 57. Spheres

meal: 3 wds. 8. Books-carrying bag 9. "I've got this, don't worry.": 2 wds.

[acronym]

10. Pots and kettles and pans 11. Ancient winged goddess 12. Smokey _ Cafe (Leiber & Stoller musical revue) 13. Pluses 18. Invoice abbr. 22. Inquires 24. Here: French 25. Stuff tightly: 2 wds. 27. Prefix to 'phony' (Harsh noise) 28. Arm joint 29. Line: French 30. "Get real.": 2 wds. 31. _ Jean, "Candle in the Wind" lady 32. One saying "I bet you can't..." 36. Pair 38. "Inglourious _" (2009) 40. Fictional setting in Saskatchewan of "Corner Gas": 2 wds. 42. Burkina _ (Nation in West Africa) 43. Mtn. blaster 46. 26th Pres. Mr. Roosevelt's 47.___ (Edmonton sch.) 50. Hungry feeling Frosting applier 52. Prefix to 'nor-53. Untarned

55. Pining

56. House entrance

60. Negative vote

61. 'Lact' suffix

*** IT'S ALL IN THE STARS** Your daily horoscope by Francis Drake

Aries March 21 - April 20 One thing is certain today: You will be surprised by bosses and authority figures. That's because parents, VIPs and teachers will do something that is completely unpredictable.

Taurus April 21 - May 21 Sudden opportunities to trav el might fall into your lap today. Alternatively, plans for travel might be cancelled, delayed or changed. Yes, it's a crapshoot.

Gemini May 22 - June 21 Double-check all details concerning inheritances, shared property, insurance issues and debt, because something unexpected will affect these areas.

Cancer June 22 - July 23 A partner or close friend will surprise you today. This person might demand more freedom in the relationship, or he or she might make an unusual suggestion. Think twice before you respond.

Leo July 24 - Aug. 23 Equipment at work might break down today. This is a classic day for computer breakdowns. Something unexpected will create delays and detours on the job.

Virgo Aug. 24 - Sept. 23 This is an accident-prone day for your kids, so be extra vigilant. Know where they are at all times. Social events might be suddenly cancelled or changed in some way.

Libra Sept. 24 - Oct. 23 Something will interrupt your home routine today. Small appliances might break down. Minor breakages could Someone unexpected might appear at your door.

Scorpio Oct. 24 - Nov. 22 This is an accident-prone day for your sign, so be extra careful. Be mindful of everything you say and do. Keep your eyes open!

Sagittarius Nov. 23 - Dec. 21 Something unexpected might affect your finances and possessions today. You might find money, or you might lose money. Guard your possessions against loss or theft.

Capricorn Dec. 22 - Jan. 20 You feel rebellious today. Even if you're not aware of it, you probably are impatient. Of course, it's hard to control anything that happens today, because it's all so unpredictable!

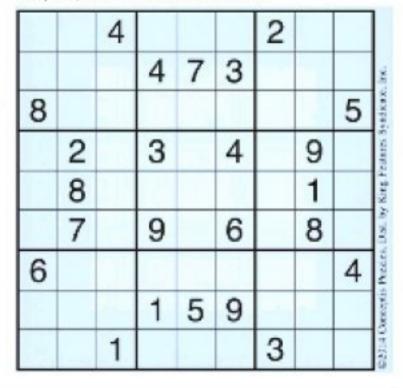
Aquarius Jan. 21 - Feb. 19 You feel restless today. You feel like you're waiting for the other shoe to drop. Don't act until you get all the information about what's going on.

)-(Pisces

Feb. 20 - March 20 A friend might surprise you today. Alternatively, you might meet someone new who is avantgarde or unusual in some way.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9





YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

		_	_			-	_											
3 0 0	U N	d	8	H	T A		끸	N Y		2	3	8	1	9	6	5	7	4
G . I	1 8	1 3	71	п	0 3		'n	A P		4	7	9	3	2	5	8	1	6
SPYE	0 1	2	7	Y	5	Ě	r	T 5		6	1	5	8	7	4	3	2	9
3	0	'n.	,A	5	Į.	1	d	P. 18.		9	2	6	5	1	7	4	8	3
7 1	V V I	Pi S	ü	V.	A I	5	7	H C		8	4	1	9	3	2	6	5	7
1 0	X		T.	6	R -	5	n	0.0		3	5	7	4	6	8	2	9	1
30/30	0	6	P	E		£	Y	E 5		1	6	3	2	8	9	7		5
Tu a	4	0 0		H.	0 1	'n	*1	ัห ้อ		7	8	4	6	5	1	9	3	2
14 1	12	1 .			60	0	K	1 5		5	G	2	7	4	3	1	6	8
3 1 1	1 18	70 1	1 2		A 1	1 1/4	91	-1.6	П	5	a	-	1	-4	J		U	U

DOWNLOAD METRO'S NEWAPPNOW



- LOCAL NEWS
- VIEWS
- LIFE
- SPORTS







